



## Preface

Health is a complex matter and requires many kinds of efforts. According to researchers at the Center for Disease Control and Prevention, **chronic diseases** (including heart disease, cancer, and diabetes) **cause more than 70% of the deaths in the United States** (2000). Most of these diseases, as well as some other causes of death, can be related to lifestyle factors. These factors are defined as “individual practices that are part of an established pattern of long-term behavior.”

**You make the decision** on what to eat, when to exercise, whether to consume alcohol or drugs, to smoke, to be promiscuous, and how to cope with a sudden crisis. These choices are not always easy to make, but you have both the capability and responsibility to preserve your own health.

Research indicates that a number of simple health habits significantly affect health and wellness. These habits include **regular exercise, no smoking, moderate or no use of alcohol, proper nutrition, moderate weight, and 7-8 hours of sleep at night**. These choices along with immunizations, annual physicals, and health screenings can help increase the quality and longevity of life!

At the Center for Management and Executive Leadership, we prefer to think of Health Awareness in terms of **moderation, choice, and consequence**. For example, ice cream is not bad, but rather something which needs to be managed in terms of balance within the overall nutrition plan. We will share information to enable you to make informed choices about your health, but as always, the choice is yours.

Your Health Awareness affects your job performance. CMEL is committed to fostering good health in the FAA. We feel that you and the people you work with are our most valuable resource.

This book is intended to supplement a Health Awareness discussion, however, most of the pages do stand alone and can be understood without assistance. If you have any questions about this book, or how to start your own wellness program, please don't hesitate to call us at 386-446-7202.

*CMEL Health Awareness Coordinator*



## Statement of Purpose

The Center for Management and Executive Leadership's (CMEL) Health Awareness Program (HAP) supports the Federal Aviation Administration's continuing efforts to ensure a safer, more efficiently managed National Airspace System. Toward this end, the CMEL Health Awareness Program promotes the benefits of a healthy lifestyle, which supports maximum productivity in the workplace. With this goal, HAP augments CMEL's efforts to increase awareness of management responsibilities by working to:

- Promote the importance of being a "healthy" leader or manager;
- Improve stress management skills that enhance organizational effectiveness;
- Promote open and honest communication that motivates employee involvement in health awareness and healthy lifestyles;
- Encourage use of CMEL's health products and services (bloodwork, body composition, blood pressure, grip strength, flexibility) to reinforce the importance of self-awareness; and
- Advocate the use of the FAA's National Health Awareness Program components available for FAA facilities.

# Health Awareness Program (HAP)

## *“Maximum Productivity Through Health Awareness”*

The Health Awareness Program (FAA Order 3900.53a) is part of the agency’s continuing effort to meet the health education needs of FAA employees and to achieve greater employee awareness and knowledge of health-related subjects. The Health Awareness Program offers preventive medical services and strives to promote job performance through fostering wellness at work.

Each of the 9 regions, the Mike Monroney Aeronautical Center (AMC), the FAA Technical Center (ACT), and the Center for Management and Executive Leadership (CMEL) work to continue the principles and ideals of a healthy workforce through health choices.

The Health Awareness Program aims to provide FAA employees with the opportunity to receive health information through educational programs and to identify potential risk factors through various health screenings or activities.

Health Awareness Program activities include, but are not limited to: health education programs, blood pressure screenings, cholesterol checks, body composition analysis, blood chemistry screenings, weight management, and an annual flu immunization program.

Educational and most screening programs are offered free to FAA employees; occasionally some special screening programs such as blood chemistries and mammography will require a small fee. For additional information concerning the Health Awareness Program in your geographical area, contact the HAP coordinators for your region (pages vi – viii).

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